

# Supporting Your Family as a Graduate Student

## Child Care

Kingston offers many childcare options, including licensed and regulated daycare centres, licensed private home childcare, unlicensed independent caregivers, and before and after school programs. Some options include:

- **Queen's Day Care Centre**, which provides high quality childcare that is responsive to the needs of families within the community of Queen's University.
- **Frontenac County Childcare Centre**, which has numerous centres throughout the city.
- For more options, the **City of Kingston's website** provides a list of licensed childcare providers.

Resources:

- The **Centralized Childcare Registry and Information Service** provides information about services available in the community to meet your childcare needs and applications for a childcare space.
- **Ontario Early Years Centres** offer free drop-in programs for caregivers and children, advice from professionals, guidance in other family services in the community, and opportunities to meet other families with young children.
- A **Childcare Subsidy** is available for families in the City of Kingston or County of Frontenac if they meet eligibility requirements. The subsidy may cover all or part of families' childcare costs.

## Elementary and Secondary Schools

The **Limestone District School Board** provides public school services to elementary and secondary-school aged students. The **Algonquin and Lakeshore District Catholic School Board** provides a faith-based alternative. Private school options range from Montessori schools to Waldorf-inspired programs to specialized programs for special needs students and culture-specific programs.

## Healthcare for Your Family

Queen's **Student Wellness Services** makes it easy for you to access the care you need with family physicians, nurses, counselling services all in one convenient, on-campus location. Contact them at 146 Stuart Street or call 613-533-2506.

For life-threatening medical emergencies, go to **Kingston General Hospital's emergency department**, which is located very close to Queen's campus (76 Stuart Street). For urgent medical emergencies, go to the **Hotel Dieu Hospital**, which is located at 166 Brock Street, about five blocks from the Queen's campus.

**TeleHealth Ontario** offers free, confidential access to registered nurses for medical advice 24 hours a day, 7 days a week. Call 1-866-797-0000 to speak with a nurse.

## Entertainment and Recreation

Queen's and the City of Kingston offer a variety of options to keep your family active and entertained. Some options include:

- **Queen's Athletics and Recreation Centre (ARC)**, which offers family memberships, children's passes, camps, and other programs for children.
- The **Kingston Public Library**, which provides a variety of activities for children.
- The **City of Kingston**, which offers a number of low-cost programs and camps.
- The **YMCA**, which provides a range of activities for children.